



UNIVERSITY OF GEORGIA  
EXTENSION

# PEANUT GLAZED MAHI-MAHI WITH JALAPEÑO PEANUT BUTTER SLAW

Sourced from National Peanut Board

TOTAL TIME: 30 MINUTES  
SERVINGS: 6  
SERVING SIZE: 1 FILET

Suggested Age: 2+ years old



## NUTRITION FACTS

330 calories  
Total Fat: 12g  
Trans fats: 0g  
Carbohydrates: 12g  
Protein: 44g  
Sodium: 810mg  
Cholesterol: 150mg

## INGREDIENTS

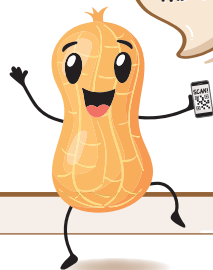
6 skinless mahi-mahi fillets  
1/4 cup creamy peanut butter  
1 teaspoon ground ginger  
2 teaspoon green onions  
3 tablespoons soy sauce  
1/4 cup water  
Salt/pepper to taste

### For Jalapeño Peanut Butter Slaw

2 cups red cabbage, shredded  
3 tablespoons green onions, chopped  
1 cup matchstick carrots  
1 green jalapeño, seeds removed and diced  
2 teaspoons vinegar  
1 1/2 tablespoons lemon juice  
1/4 cup creamy peanut butter  
1 teaspoon garlic powder  
Salt/pepper to taste

## DIRECTIONS

1. In a medium bowl, whisk together 2 teaspoons of vinegar, 1 1/2 tablespoons of lemon juice, and 1/4 cup creamy peanut butter. Toss in red cabbage, 3 tablespoon green onions, carrots, jalapeño and garlic powder. Season with salt/pepper to taste and place in the refrigerator until ready to use.
2. Preheat grill to medium-high heat. In a small bowl, whisk together 1/4 cup creamy peanut butter, ground ginger, 2 teaspoons green onions, soy sauce, and water. Season with salt/pepper to taste.
3. Spread about 1 tablespoon of the glaze onto each piece of mahi-mahi. Grill for 3-5 minutes per side, until golden and thoroughly cooked throughout.
4. To serve, place a generous amount of the jalapeño peanut butter slaw on a serving platter and arrange the grilled ginger peanut glazed mahi-mahi on top.
5. Enjoy! :)



SCAN QR CODE FOR  
THE ONLINE RECIPE!



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## RECIPE TIPS

If you're not a fan of spicy food, you can leave out the jalapeño from the Jalapeño Peanut Butter Slaw.

No grill? No problem! You can pan-sear the mahi-mahi using the same time and temperature provided in this recipe.



## NUTRITION TALK

Mahi-Mahi is low in mercury and rich in omega-3 fatty acids and selenium, making it an excellent fish choice for young children's brain and immune system development.

Peanut butter is a good source of plant-based protein. It can also help kids feel full for longer periods of time and support the healthy development of their bones and muscles.



## EARLY INTRODUCTION GUIDELINES

Start introducing allergenic foods early to reduce allergy risk! Waiting won't prevent food allergies!

Like learning to read, *early and often is best!*

### WHEN? **Most Babies?**

Introduce peanut-containing foods alongside other foods around 6 months and before 12 months.

**High-Risk Babies?**  
(Has severe eczema, egg allergy, or both)

Introduce peanut-containing foods alongside other foods between 4 and 6 months.

**HOW? **How Much?****  
2 teaspoons

**How Often?**  
3 times per week

